



STATE DEPARTMENT OF EDUCATION

P.O. BOX 83720
BOISE, IDAHO 83720-0027

TOM LUNA
STATE SUPERINTENDENT
PUBLIC INSTRUCTION

Idaho State Department of Education

October 11, 2010

www.sde.idaho.gov

Media contact:

Luci Willits

(208) 332-6814

lbwillits@sde.idaho.gov

SUPERINTENDENT LUNA RELEASES RESULTS OF SCHOOL WELLNESS ASSESSMENTS

BOISE – To continue to improve health, nutrition and physical activity for all Idaho students, Superintendent of Public Instruction Tom Luna today released the results of statewide Wellness Assessments for each school district and public charter school.

“We know our students are better prepared to learn and succeed when they have the right amount of physical activity and when they eat healthy foods. Through these Wellness Assessments, we as a state are assisting local schools to ensure all Idaho kids learn about health, nutrition, and physical activity,” Superintendent Luna said.

All schools participating in the National School Lunch Program are required to have a School Wellness Policy that addresses nutrition education, physical activity and activities to promote student wellness. During the 2009 and 2010 school years, staff from the State Department of Education’s Child Nutrition Programs conducted comprehensive Wellness Assessments at every school district and public charter school in Idaho, looking at the content and implementation of school wellness policies and the school environment.

Through these assessments, the State Department of Education has been able to provide Idaho schools and districts with current, accurate data on areas in which they are doing well in improving student health and nutrition and areas in which they could improve. Each school district and public charter school received an individual report highlighting successes and recommendations.

“This Wellness Assessment presents the most comprehensive review of Idaho wellness policies to date,” said Dr. Colleen Fillmore, Director of Child Nutrition Programs at the State Department of Education. “The statewide school wellness data gathered will be useful in determining future efforts that need to be made to improve school wellness across the state.”

Based on the results, the State Department of Education has highlighted successful programs throughout the state to share with other Idaho schools and districts. The Department also selected 10 “Leaders in Wellness” who have set an example of how one person can truly make a difference in a local school, district or community. These Leaders in Wellness are the reason their school, district or community is now leading the state in at least one area of the Wellness Assessment.

Each Leader in Wellness will be highlighted in a series of videos for school districts to use and share throughout the school year.

- MORE -



STATE DEPARTMENT OF EDUCATION

P.O. BOX 83720
BOISE, IDAHO 83720-0027

TOM LUNA
STATE SUPERINTENDENT
PUBLIC INSTRUCTION

These are the 10 Leaders in Wellness:

- Jacky Mosman, Head Teacher, Nez Perce Elementary School, Nez Perce
- Kim Keaton, Principal, Sandpoint Middle School, Sandpoint
- Ed Ducar, Foodservice Director, Coeur d'Alene School District, Coeur d'Alene
- Mark Kress, Principal, Hagerman Junior/Senior High School, Hagerman
- Heather Williams, Superintendent, and Anji Baumann, Foodservice Director, Gooding School District, Gooding
- Ed Jackson, Principal, Snake River Middle School, Blackfoot
- Jim Woodworth, Superintendent, and Janet Lish, Head Teacher, Rockland School District, Rockland
- Jim Foudy, Principal, Barbara Morgan Elementary School, McCall
- Ryan Kerby, Superintendent, New Plymouth School District, New Plymouth
- Roger Quarles, Superintendent, Caldwell School District, Caldwell

The results of the Wellness Assessment for each school district were mailed to the individual school district. Results were also compiled into a statewide report. Here are some of the highlights of the results of the Wellness Assessments statewide:

- 59 percent of Idaho school districts and public charter schools shared information on their Wellness Policy with school staff at least yearly.
- 74 percent of Idaho school districts and public charter schools have implemented a strategy to encourage their staff to be healthy role models.
- 66 percent of Idaho school districts and public charter schools offer staff wellness opportunities during the school year.
- 80% of Idaho high schools have beverage vending machines on campus, and 59 percent of Idaho high schools have food/snack vending machines on campus.
- Of the beverage vending machines in all Idaho schools, 84% have a majority of healthy options available. Of the food/snack vending machines in all Idaho schools, about 30% of them offer less than 25% healthy choices.

Since Superintendent Luna took office, he has worked with staff at the State Department of Education and stakeholders at the local level to improve the overall health, nutrition and physical activity in schools.

In 2009, the Department's Child Nutrition Programs implemented the New Nutrition Standards for School Meals, going above and beyond current federal standards to offer more fruits, vegetables and whole grains while limiting pre-fried foods, sugar and salt. Based on the success of these standards, Child Nutrition Programs also developed healthy recommendations for vending machines and other competitive foods that are served outside the school cafeteria. School districts can voluntarily choose to adopt the competitive food standards.

Superintendent Luna also established a Coordinated School Health Team at the State Department of Education in 2008 to further address issues related to health and physical activity in schools. This team has awarded \$50,000 in grant funding to Idaho schools to increase nutrition and physical fitness and has conducted one of the most comprehensive studies on childhood obesity in the state of Idaho.

For more information on Wellness Assessment, please visit <http://www.sde.idaho.gov/site/cnp/wellness/>.

#####

Office Location
650 West State Street

Telephone
208-332-6800

Speech/Hearing Impaired
1-800-377-3529

Fax
208-334-2228
